



# FESTIVE SEASONAL SALAD

Makes 10-12 1 cup servings

## Ingredients: Salad & Quinoa

2 cups	Sprouted Quinoa (dry)
6 cups	Organic Kale, chopped
2	Organic Fuyu Persimmons
2	Organic Apples
1 Tbsp	Fresh Ginger, grated
3 stalks	Organic Celery, diced
1 ½ cups	Walnuts
½ cup	Pomegranate Seeds or Dried Cranberries
½ cup	Crumbled Goat Cheese (optional)

## Ingredients: Dressing

3-4 Tbsp	Flax Oil
2	Lemons, juiced
1 Tbsp	Fresh Ginger, grated

## Equipment

- Chef's knife
- Mixing bowls
- Strainer
- Pot

## Directions

### 1. Prepare the Kale:

- Remove stems and chop kale into thinly sliced ribbons. Once chopped, toss with dressing then massage the dressing into the kale to break it down and start the marinating process and set aside.
- Allow the kale to marinate in the dressing for a minimum of 2 hours in the refrigerator before mixing with other salad ingredients (even better to massage in the lemon and ginger and add the oil after marinating).

### 2. Cook the quinoa: Quinoa can be done different ways. For this purpose, it's best to have it as dry as possible.

- Rinse the quinoa in cold water. Rubbing between your hands over a strainer.
- Add quinoa to a pot of water (lots of water, like making pasta). Add salt to the water. Bring to a boil, then turn down to simmer and cover.
- As soon as the little rings on the quinoa pop up from the grain it's done. Taste quickly and if soft remove from heat and strain.
- Leave in strainer to cool and fluff with a fork. Fluffing it and letting it stay in the strainer will ensure it's dry and keeps its form. Leave in strainer until cool, 20-30 minutes. Can remain in strainer until ready to use.
- Since you are making it, make extra! It can be put away to save for other uses.

### 3. Other ingredients: Slice the persimmons (or persimmons in winter) and apples into thinly sliced half slivers and dice the celery. De-seed the pomegranate, if using.

### 4. Once the ingredients are ready, add the fruits, walnuts and quinoa to the kale, gently toss. Toss the last of any pomegranate seeds (or blueberries in Summer) on top for color.